



THE GREAT GOLDEN THING by Linard Bardill

Two bears, a rabbit, and a magician live in a peaceful country, each doing his/her own thing until one day Bramble Bear sees a "great golden thing". He shares his concerns with Hopple Hare and Gimli who are equally puzzled. The mystery is finally solved when Brindle Bear tells them that she has planted a sunflower seed and now it is growing. This is a wonderful book to use to encourage students to guess what an item based in an increasing number of clues. [Note: the first two pages of this book provide a wonderful vehicle for introducing or reviewing geographical terms; the layout is map-like and easy to interpret.

To transition to this activity, ask your children why they think sunflowers are called "sunflowers". Yes, they look like suns, but I have heard that they actually follow the course of the sun throughout the day. Tell your students that they are going to make a sunflower log and see if a sunflower *actually* does follow the sun.

MATERIALS: sunny garden area, sunflower seeds, water, "Sunflower Log" sheet, compass, watch/clock, pencils, crayons, salt, oven

ACTIVITIES: Activity #1 -- Create a "Sunflower Log" (see attached sheet).
Activity #2 -- Roast sunflower seeds after your flowers have gone to seed (Recipes attached).

TEACHER NOTES: Hans Leo, the educational assistant at Bramble Hill Farm in Amherst, MA www.bramblehill.com came up with a unique planting project: a *shady playhouse made of sunflowers*. He based his plan on the lodges that Indians in Canada made out of live saplings. In *Sunflower House*, Eve Bunting explains a simpler version easily done in your backyard or schoolyard.

STANDARDS:

BSL: 1.3, 1.10, 1.11, 4.1, 5.2, 12.1, 12.3

NCTM: 3b, 4c, 4d, 9b, 10a, 13c

SCS: A1, A2, C2, C3

Bardill, Linard. The Great Golden Thing. [* Bar] Illus. by Miriam Monnier. NY: North-South Books, c2001. ISBN#0735815933 What is the golden thing that seems to fly, yet rests on a leg that's green, and stands on the ground?

Bunting, Eve. Sunflower House. [* Bun] San Diego: Harcourt Brace & Company, c1996. ISBN#0152004831 A young boy creates a summer playhouse by planting sunflowers in a circle and saves the seeds to make another house the next year.

Cooking and Eating Sunflower Seeds

When your sunflowers go to seed, save some for replanting and eat the rest. We've provided three recipes. Try them all and see which ones, if any, your students prefer.

Roasted Salted Sunflower Seeds

Description: Another Fall favorite is roasted sunflower seeds. In the past year or so, they have become the rage. You find them everywhere, ball games, parties, outdoor activities or just evening snacks. They have such a great taste. It's hard to believe how something this good can also be good for you.

Ingredients:

1 cup Sunflower Seeds
2 quarts Water
1/2cup Salt

Note: For salt free sunflower seeds, rinse seeds and go straight to step # 7.

Preparation Directions:

1. Add water and salt in a pot or saucepan.
2. Rinse sunflower seeds and remove any plant and flowerhead matter.
3. Add sunflower seeds.
4. Bring water to a boil, then turn down to simmer.
5. Simmer 1 to 1/1/2 hours.
6. Drain on a paper towel until dry. Do not rinse.
7. Preheat oven to 325 degrees.
8. Spread seeds on a cookie sheet and bake for 25-30 minutes.
9. Stir frequently.
10. Remove from oven when they turn slightly brown.

<http://www.pumpkinook.com/cookbook/sunflower.htm>

Oven Roasted Sunflower Kernels

Ingredients: 1 cup raw sunflower kernels

Preheat oven to 400° F. Evenly spread 1 cup of raw sunflower kernels over a jelly roll pan or large roasting pan. Bake for 5 minutes or until lightly browned. Let cool and store in airtight container. May be frozen up to 1 year.

Yield: 1 cup

<http://www.sunflowerusa.com/health/recipes/recipe.asp?rID=66>

Sunflower Seeds

Ingredients:

4 cups sunflower seeds
4 tablespoons of oil
4 teaspoons salt
1 gallon water
2 jelly roll pans or baking sheets with sides

Preparation: Soak overnight. Drain and set out to dry. For each 2 cups of seeds, coat jelly roll pans with 2 tablespoons of oil. Spread seeds on pans and sprinkle with 2 teaspoons salt. Bake at 400° F for 15 minutes. Stir occasionally; when done, spread on paper towel to drain excess oil. Dry overnight. Adapted from recipe at website below.

<http://www.cooks.com/rec/doc/0,1821,145164-247196,00.html>

Sunflower Log

We are going to see if we can tell if sunflowers really follow the sun. We will use a compass to find out what direction they are facing every hour during our school day. We will do this on two different sunny days to make sure our observations and calculations are valid.

Draw a picture to show which one of our sunflowers you will be charting. After you've drawn and colored your picture, put a black "X" on your chosen sunflower

Next to each time, indicate the direction your chosen sunflower is facing.

<u>TIME</u>	<u>DIRECTION (Day #1)</u>	<u>DIRECTION (Day #2)</u>
8:00 am		
9:00 am		
10:00 am		
11:00 am		
12:00 noon		
1:00 pm		
2:00 pm		
3:00 pm		